



ARIZONA DEPARTMENT
OF HEALTH SERVICES

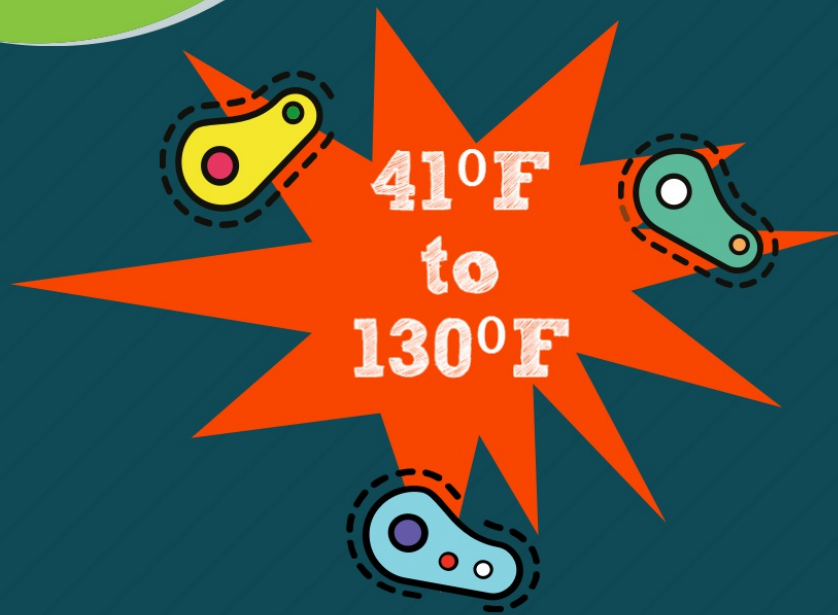
Hot & Cold Holding

Keep Hot Foods Hot & Cold Foods Cold!

These tips will help you
avoid the

DANGER ZONE

where harmful bacteria
can grow & multiply!



Hot

130°F or Higher

Stir the food regularly to
distribute heat evenly

Use a food thermometer to
measure the food's internal
temperature

Discard any food after 2 hours
if it has not been kept at a
temperature of 130°F or
higher

Cold

41°F or Lower

Use a food thermometer to
measure the food's internal
temperature

Take corrective action if the
temperature rises above 41°F

Discard any food that has
been left out after 2 hours



Questions?

Call the Office of

Environmental Health

602-364-3118

environmentalhealth@azdhs.gov

